

SEVENTH ANNUAL REPORT

OF THE

BOARD OF TRUSTEES AND OFFICERS

OF THE

MINNESOTA HOSPITAL FOR INSANE,

TO THE GOVERNOR OF THE STATE OF MINNESOTA,

FOR THE

FISCAL YEAR ENDING NOVEMBER 30, 1873.

TRANSMITTED TO THE LEGISLATURE OF THE SIXTEENTH ANNUAL SESSION,
1874.

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1874.

MINNESOTA HOSPITAL FOR INSANE.

BOARD OF TRUSTEES.

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Supervisor Female Department.
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Engineer.
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Farmer.

REPORT OF TRUSTEES.

*His Excellency, Horace Austin,
Governor of Minnesota:*

It becomes our duty to present you our Annual Report as Trustees of the Minnesota Hospital for Insane. You will also find the reports of the Medical Superintendent, of the Building Committee, Treasurer and Steward, to each of which your attention is directed.

In so far as building operations are concerned, this report embraces what has been accomplished within the past two years. During the legislative session of 1871, we asked for an appropriation to complete the south section and return of the Hospital building which had been erected and enclosed the preceding year. No appropriation, however, was granted, save the conditional one of \$50,000 depending on the ratification of a constitutional amendment. Being pressed with so many applications from different parts of the state for admission of patients, which could not be granted for want of room, the Trustees directed the Building Committee to finish them and provide the necessary heating apparatus. This was done at an expense of about \$35,000. The last legislature granted us \$100,000 for building purposes and the Trustees gave the contract to Hon. C. Bohn, of Winona,

for the erection and entire completion of the centre building and one more south section and return. (See report of Building Committee.)

We congratulate the state on the erection of these much needed buildings and invite special attention to the substantial character of the work. The abundance of material on the Hospital farm has been greatly to our advantage and the buildings thus far erected we feel will challenge examination and comparison with any in the state or out of it, for quality, cheapness and finish. With the central portion now up, when finished, the institution will have a harmony and completeness so long desired and so greatly needed.

During the year we purchased some six acres of land in order to secure the right of way from the county road, and also to straighten the fence on the east side of the Hospital farm.

In reference to the requirements of the Hospital, we would respectfully urge the Legislature to provide at as early a day as practicable, for the erection of another north section and return, to correspond in all respects with that erected during the past summer. This will complete the institution according to our plans and furnish us capacity to accommodate 450 patients with the necessary attendants, which we regard a sufficiently large number to be placed in one institution. For the erection of this north section and return, the sum of \$75,000 will be required.

Our immediate wants for the ensuing year, are the means to put up the large portico to the centre building, as designed by the architect, and also to finish the connections between the main building and the laundry. These are very important and will require at a low estimate \$6,000.

Our contract with Mr. Bohn, when completed by August next will leave some \$9,000 due him above the balance still to our credit. As \$20,000 of the amount authorized to be borrowed for building our charitable institutions is still unappropriated, we most respectfully ask and urge that \$15,000 of this be granted for the purposes above named. This will doubtless strike every one as a necessary appropriation.

The Treasurer's report gives the amounts expended and balance on hand. Last year's report showed that over \$20,000 of current funds were unexpended at the close of the fiscal year Nov. 30th, and about this balance should always be in the State Treasury subject to our order during the winter months. We have aimed to have such a balance. As we cannot draw on new appropriations until March, it becomes a necessity to have to our credit a sufficient amount to carry us through the expensive winter months.

For current expenses as per the Superintendent's estimates for the coming fiscal year we ask the sum of \$76,050.00. This is at the rate of \$4.50 per week for each patient, with an average of 325 patients during the year. It will be remembered that this includes all medical supplies, food and clothing for patients, all necessary repairs to buildings, salaries of officers and employees, fuel, insurance on buildings, etc. Four dollars and a half per week is certainly as low as we can safely estimate.

No provision, however, is made for furnishing the new buildings. This will require \$8,000; \$5,500 for the south section and return and \$2,500 for the centre building. This makes the appropriation needed \$84,000, which amount we respectfully request.

As the appointed guardians of this noble philanthropy, we have aimed to furnish buildings substantial and appropriate for these unfortunates of our state. Almost everything connected with such institutions is a specialty, and hence it needs personal inspection to comprehend the nature and style of the work needed. We have not sought ornamentation, and perhaps some may say that for their size the buildings are too plain, but our aim has been utility, the best improvements in all parts of construction, durability and economy.

In behalf of these afflicted ones and their friends, and in behalf of that public sentiment which demands sympathy, guardianship and support for the most deplorable of all misfortunes, we tender to our public men thanks for the generous liberality heretofore extended, and ask that the same may

be continued until the plans adopted by the Board are fully completed.

All which is respectfully submitted,

C. T. BROWN,
A. H. KERR,
R. BUTTERS,
WM. SCHIMMEL,
H. B. STRAIT,
L. FLETCHER,
WM. LINCOLN.

Trustees.

St. Peter, Nov. 29th, 1873.

REPORT OF BUILDING COMMITTEE.

GENTLEMEN :—The building committee respectfully beg leave to submit the following report :

The amount appropriated by the Legislature at its last session, for additions to the hospital building, was one hundred thousand dollars, and there was remaining a balance of fifteen thousand dollars for building purposes from a previous appropriation.

Your Board at their quarterly meeting in March, decided to complete the centre building, and erect another hall and return section for the female department, on the south wing. Proposals were invited from builders by advertisement, according to law, and on the 9th of April bids were opened and the contract for the whole work given to Mr. Conrad Bohn, of Winona, for the sum of one hundred and twenty-one thousand nine hundred and fifty dollars, (\$121,950.) The centre building to be finished by the 1st of February next, and the addition to the wing on or before the 1st of August, 1874. Although the amount of the contract exceeded, by a few thousand dollars the appropriation and funds on hand, the terms were considered favorable for the work undertaken. The rainy weather of the spring delayed the commencement of the work somewhat, but it has been diligently prosecuted since, and the centre is now being plastered, and the walls of the addition to the wing are completed and roofed. We believe the job, so far, has been thoroughly done, and will compare favorably with the rest of the building.

The committee engaged Mr. Harry Downs, as their agent, to oversee the construction, and he has been constantly on

the ground attending faithfully to the work in all its details.

B/ the recommendation of the Superintendent, a root cellar and straw shed have been built to preserve the abundant crops of the farm. Proposals were invited from several parties, and the contract for the wood-work was given to Messrs. Nutter & Horitage, of St. Peter, for \$1,219.40. The excavation was made by the farm hands and teams, and the stone-work laid at a cost of one dollar per perch. The cellar is frost proof, 60 by 30 feet, and 10 feet deep, and will meet the wants of the hospital for many years to come.

The project of raising the water supply by wind power was referred to this committee to act their discretion in the matter. The United States Wind Engine Company, at Batavia, Ill., proposed to raise, with one of Halladay's patent wind mills, 16,000 gallons water to the reservoir, 130 feet above the spring, and through 1,700 feet of three inch pipe, daily, with a fair wind, for the sum of \$1,553. The mill has now been in operation several weeks and seems to more than fulfill the promise of the company. It was tested with a moderate wind, and raised, by estimate, 1,500 gallons in one hour. We have pronounced it a success and believe it will repay its cost in a few years in the saving of fuel and machinery of steam boiler and pump.

A part of the old farm house, occupied by the engineer and his family, needing repairs and enlargement, it was decided by the committee that it would be more economical to build a small new house in a better location, so that the old one could be removed, at a proper time, from its present conspicuous position on the front lawn. This has been done.

Another root boiler has been put in at a cost of \$2,000. We now have four of the same pattern and their united steam capacity is estimated at 190 horse power.

The committee regret to report a serious accident, the first on the building, which occurred Sept. 26th to one of the workmen, Mr. William Tennant, of Kansas, which resulted in his death on the following day. He had built up one of the corners of the centre building from the foundation, and

was about to complete it, when, by some misstep he fell from the staging, a distance of twenty feet, striking on the joists of the chapel floor. He was a Scotchman by birth, steady and reliable man, and much respected by his fellow workmen.

Respectfully submitted,

C. K. BARTLETT,
A. H. KERR,
R. BUTTERS,
WM. SCHIMMEL,
L. FLETCHER,
Building Committee.

St. Peter, Dec. 1, 1873.

TREASURER'S REPORT.

Trustees Minnesota Hospital for Insane:

GENTLEMEN: Herewith you will find a statement of receipts and expenditures. The building account embraces the disbursements for two years, and the current expense accounts for the fiscal year ending November 29, 1873.

BUILDING FUND.

Receipts.

Cash, State Treasury.....	\$128,000 00
Cash, brick machines sold.....	85 00
Cash, brick sold.....	253 10
Total.....	\$128,338 10

Expenditures.

Masonry, sewer and flagging.....	\$ 1,111 94
Hardware, iron guards and sash and locks.....	2,430 41
Lime.....	96 80
Architect, tracing plans.....	110 60
Labor.....	140 66
Lumber.....	4,188 10
Superintendent of construction.....	375 00
Brick.....	71 45
Miscellaneous, building committee, ex-treasurer.....	814 87
Advertising.....	27 80
Treasurer's petty account.....	92 11
Carpenter contract and sash.....	10,098 62
Painting.....	478 33
Slate roof.....	245 42
Steam and gas pipes and plumbing.....	10,466 43
Lightning rods.....	155 00
Plastering.....	4,107 66
Discount and expressage.....	242 95
On contract of center building in south section and return..	90,394 52
Extra mason work, center building.....	632 00
Cash to balance.....	2,057 43
Total.....	\$128,338 10

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CURRENT EXPENSE FUND.

Receipts.

Cash balance of 1872.....	\$10,051 98
Cash returned from building fund.....	17,360 55
Cash State Treasury.....	60,000 00
Cash G. W. Dryer, steward.....
Cash received for private patients.	\$593 51
Cash clothing sold.....	78 45
Cash hides, tallow, rags sold.....	144 21
Cash calves, pigs, farm produce sold.....	58 38
Cash old wagon, stove and sundries sold.....	134 39
Cash steam fitting supplies.....	59 94
Cash refunded, unearned premiums on insurance poli- cies.....	534 66
Cash overcharge freights.....	21 25
Cash overcharge wire safe.....	2 00
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	1,626 79
Total.....	\$89,039 32

Expenditures.

Current monthly expenses paid on certified vouchers.....	\$76,368 88
Cash to balance.....	12,670 44
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Total.....	\$89,039 32

In the Steward's report will be found a detailed statement of expenditures, for which vouchers were given, duly certified by the Superintendent. A number of these items should properly be regarded as extraordinary expenses, such as wind power, straw barn and root cellar, bakery, boiler and insurance. These, however, were important and essential requisites, and could only be paid from this fund.

All of which is respectfully submitted,

A. H. KERR, Treasurer.

St. Peter, November 29, 1873.

On the 5th day of December, 1873, the undersigned, as Finance Committee, hereby certify that we have examined the vouchers and accounts of the Treasurer and Steward of the Hospital for Insane for the year ending with the month of November, 1873, and find them correct.

C. T. BROWN,

WM. SCHIMMEL,

R. BUTTERS,

Finance Committee.

STEWARD'S REPORT.

To the Board of Trustees Minnesota Hospital for Insane:

GENTLEMEN:—Herewith is respectfully submitted a report of the Steward's department, for the year ending November 30, 1873.

DISBURSEMENTS.

For additions, alterations and repairs.....	\$ 3,247 99
For attendants, assistants and labor.....	9,765 67
For bake oven.....	940 15
For barn and root cellar.....	1,839 68
For books, stationery and printing.....	201 45
For clothing.....	5,273 85
For farm, barn, garden and grounds.....	3,619 05
For fuel and heating.....	11,747 17
For furniture.....	2,146 55
For furnishing first section of south wing of permanent Hospital Building.....	6,379 14
For insurance.....	2,865 50
For library and amusements.....	144 08
For lights and oil lamps.....	428 97
For medicines and medical supplies.....	620 53
For miscellaneous expenses.....	1,040 65
For officers' salaries.....	4,100 00
For patients miscellaneous expenses.....	431 40
For provisions and household supplies.....	18,691 08
For real estate, (see Trustees report).....	381 00
For rent.....	175 58
For Steward's petty expenses.....	714 58
For wind engine.....	1,614 71
	\$76,368 88

NOTE.—Additions, alterations and repairs, includes labor and material for repairs, &c., on permanent and temporary buildings, paving for kitchen and store rooms, fitting up bakery and house for engineer.

"Attendants, assistants and labor," includes wages of engineer, firemen, supervisors, watchmen, cooks and attendants or nurses.

"Fuel and heating" includes wood and coal, fifty-two horse power, root safety steam boiler, and steam fitting supplies, and repairs to heating apparatus.

"Insurance" is for insuring temporary buildings, and furniture therein, and permanent buildings.

"Miscellaneous expenses" includes expenses of Trustees attending meetings, fire extinguishers, and other items that cannot properly be classified under any other heading.

"Patients miscellaneous expenses" includes undertakers charges, cash to discharged patients, &c.

Rent is for use of stone dwelling house for patients from (Dec. 1872 to March 1, 1873), and land. Steward's petty expenses includes freights and express charges, postage and small purchases not exceeding five dollars in amount.

The item farm, barn, garden and grounds is detailed as follows:]

For hay and feed.....	\$344 10
For farm implements and repairs to same.....	316 16
For labor.....	1,694 07
For stock.....	346 00
For wagon, blankets, robes, etc., and repairs.....	298 30
For trees, fruit and ornamental.....	162 68
For seeds.....	237 14
For fence material.....	193 25
For threshing.....	12 25
For Paris Green.....	18 30
For shoeing horses and oxen.....	56 05
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	\$3,619 05

The yield of farm produce from the 160 acres (about) under cultivation is exhibited in the following list. The values affixed are estimated at average market prices:

Asparagus, 950 bunches.....	76 00
Beans, (green) 30 bushels.....	30 00
Beans, (dry) 9 bushels.....	13 50
Beets, 860 bushels.....	324 00
Carrots, 260 bushels.....	104 00
Cauliflower, 275 heads.....	27 50
Cabbage, 3,790 heads.....	189 50
Celery 1,200 heads.....	60 00
Corn 2,500 bushels.....	875 00
Corn stalks, 70 tons.....	175 00
Crab Apples, 3 bushels.....	7 50
Hay, (meadow) 90 tons.....	460 00
Hay, (clover) 15 tons.....	120 00
Lettuce, 825 bunches.....	41 25
Melons, (musk and water) 300.....	45 00
Milk, 38,088 quarts.....	1,904 40
Onions, 90 bushels.....	67 50
Parsley, 100 bunches.....	10 00
Parsnips, 150 bushels.....	112 50
Peas, (green) 47 bushels.....	70 50
Peas, (dry) 8 bushels.....	16 00
Potatoes, (Irish) 1,050 bushels.....	680 00
Potatoes, (sweet) 4 bushels.....	4 00

Pie plant, 700 bunches	42 00
Pumpkins, 4,280.....	214 00
Radishes, 225 bushels.....	22 50
Spinnach, 280.....	14 00
Salsify, 10 bushels.....	10 00
Squash (summer).....	50 00
Squash, (Hubbard or winter) 206.....	30 90
Tomatoes, 75 bushels.....	56 25
Turnips, 500 bushels.....	125 00
Wheat, 252 bushels.....	252 00
Wheat straw.....	10 00

\$6,179 80

Value of beef slaughtered for use of house, 10,100 lbs.....	606 00
Value of veal slaughtered for use of house, 640 lbs.....	44 40
Value of pork slaughtered for use of house, 11,880.....	594 00
Amount received from sale of stock, hides and tallow.....	160 32

\$1,405 12

In addition to the cultivation and harvesting of crops, and other ordinary farm work, the patients and farm laborers under the supervision of the farmer have performed 597 days' labor, and the farm teams 170 days' labor, grading about the buildings, making roads and excavating for root cellar. This is exclusive of the labor of cutting and storing ice (80 tons,) drayage of fuel, building material, household supplies, &c., &c., of which no accurate account has been kept.

The farm stock consists of five horses, one bull, two yoke of oxen, sixteen cows, four heifers, two calves, sixty-nine hogs and poultry.

The following is a carefully compiled inventory of Hospital property of all descriptions on hand at this date, (Nov. 30, 1873) :

Permanent Hospital Building, two sections and return wings complete, centre building and second section and return wing south in course of construction; laundry, engine house, water supply, drainage, heating apparatus, supply pipes for gas, steam wash machines, steam table and cauldrons for cooking, bath tubs, cars and railway tracks.....	\$331,000 00
Temporary Hospital buildings, consisting of one three story stone building, 60x32 feet with two story frame L 60x25 feet, one two story frame building 96x34 feet, and heating apparatus for same, one one-story frame office building 20x30 feet. One frame barn 25x35 feet, six building lots and fencing around entire block.....	13,350 00
One three story frame barn 44x72 feet, with granary attached 14x90 feet, and straw barn and root cellar 34x64 feet.....	7,000 00
Farm 348 acres.....	12,400 00
Farm stock and implements, including buggies, cutters, harnesses, robes, blankets, &c.....	4,792 00

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Household furniture of all kinds.....	18,505 85
Medicines, medical supplies, surgical instruments, &c.....	500 00
Library and cabinet, consisting of medical and miscellaneous books, engravings, chromos, stereoscopes, stereoscopic views, magic lantern and views, stuffed birds, games, cabinet organ and other musical instruments, &c.....	1,100 00
Clothing, and material for clothing in store.....	1,594 71
Provisions and supplies, consisting of groceries, vegetables, butter, wood, hay, oats, &c., and steam fitting supplies....	6,091 57
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	\$396,334 13

All of which is respectfully submitted,

GEORGE W. DRYER,

Steward.

December 1, 1873.

SUPERINTENDENT'S REPORT.

To the Board of Trustees:

GENTLEMEN: Again it becomes my duty to present the customary annual report of this Hospital for the year eighteen hundred and seventy-three.

The year now closed has been one of unusual interest on account of the extensive additions to the buildings, and the large increase in the number of patients. No serious accident has occurred among the inmates, and no contagious or epidemic disease has prevailed; the whole household has been remarkably free from acute sickness, and the general health very satisfactory. This condition has been partly the result, no doubt, of the better accommodations provided and opened for use early in the season.

On the twenty-ninth day of January, the south wing of the permanent Hospital was so far completed and furnished as to admit partial occupancy, and fifty-three female patients were removed from their crowded quarters in the temporary asylum, much to their comfort and that of the officers and attendants; others followed as fast as rooms were provided until the number was nearly one hundred in the new apartments. These removals relieved the male department to a certain extent, as a portion of the room thus

vacated was designed for men, but had been temporarily occupied as a ward for women. It also enabled us to dispense with the rented house, and to abandon the worst portion of the temporary building as a receptacle for patients; and this has been more profitably used since for laundry purposes.

The following is a general summary of the statistics of the patients :

	Men.	Women.	Total.
Whole number in the house Dec.			
1st, 1872, - - -	129	118	247
State boarders, - - -			244
Private boarders, - - -			3
Admitted during the year, -	78	62	140
Whole number under treatment,	207	180	387
Number discharged, (including deaths,) - - -	48	36	84
Remaining in hospital Nov. 30th, 1873, - - -	159	144	303
State boarders, - - -	157	142	299
Private boarders, - - -	2	2	4
Highest monthly average, -			298.19-30
Daily average, - - -			273.86-365

CONDITION OF THOSE DISCHARGED.

	Men.	Women.	Total.
Recovered, - - -	17	20	37
Improved, - - -	12	7	19
Unimproved, - - -		2	2
Died, - - -	19	7	26

ANNUAL REPORT.

CAUSES OF DEATH.

	Men.	Women.	Total.
Marasmus, - - -	4	3	7
Phthisis Pulmonalis, - - -	2	2	4
Maniacal Exhaustion, - - -	3	1	4
Epilepsy, - - -	5	1	6
Apoplexy, - - -	1		1
Erysipelas - - -	2		2
Typhomania, - - -	1		1
Pneumonia, - - -	1		1
Totals, - - -	19	7	26

It will be seen by the above tables that the number reported as recovered and improved is large in proportion to the number admitted, and bearing in mind the fact that almost all classes are received. While the number of deaths is about the same as it has been for several years, it will be noticed that the number of males, nineteen, greatly exceeds that of females, seven. There was no particular reason for this result existing in the house, and it was simply accidental.

Having two hundred and forty-seven patients at the beginning of the year, it was supposed, and the appropriation for current expenses was based on the expectation, that the number would increase to three hundred during the next twelve months, and this prediction has been more than realized, as there are now three hundred and three in the house.

The limit of accommodation is now reached, and few can be admitted, except as vacancies occur, until the addition to the south wing is completed. When that is ready, in August next, according to the contract, the female department will be sufficient for all now present, and probably for those seeking admission during the year, but there are males to fill all the room vacated, and thus the temporary buildings will be as necessary as they have been for the past five years. With two hundred now in the permanent building, there

remain one hundred and over in these structures, the same number as found there in December, eighteen hundred and sixty-eight. With another hall and return section for the north wing, similar to the one now in process of building for the south wing, making the hospital symmetrically complete, four hundred and fifty patients can be properly lodged and treated, in the permanent building, and that number, with the requisite number of employees, will make a family large as desirable to collect under one roof. At the present rate of increase, the room cannot be prepared too soon, or before fully demanded.

In regard to admissions, it may be said that, during the past year, they have been generally very proper subjects for hospital care and treatment. All committed by the courts have been accepted, and only a few applicants have been rejected as unsuitable subjects on account of the form of disease and their general condition. Considering the recent settlement of the country, the great lack of accommodations in many counties for the poor and unfortunate, the limited means and house room of many families afflicted with sickness, it is not strange if occasionally a suffering member is removed to the hospital at an improper time, and as it might be thought, under other and more favorable circumstances, unnecessarily. Of such instances it is not reasonable to complain; the motives of the parties interested are good, and it is better to err in this way than to retain the insane too long in the family with the hope of relief, and until the opportunity for recovery is lost. But we sometimes suspect the aged and feeble, exhausted by the struggles of life, fretful and troublesome from increasing senile dementia, not inaptly termed the "second childhood," are "hurried over the hill to the poor house" and the insane asylum, without due consideration. With loving hearts and tender hands they have reared their children, and a tithe of the self-same sacrifice and devotion in return would smooth their gradual descent to the not unwelcome grave. When unsympathizing and discordant elements are mingled in the family relations, such removals are not unaccountable, or perhaps so

much a matter of regret to the patients themselves; but the change from the warm corner on the hearthstone and from familiar scenes to a different atmosphere, and to the care of strangers, though trained and skillful to nurse, is often too great for waning vitality, and a speedy death is the inevitable result.

It will be noticed in the table of *causes*, that "Ill health," "Intemperance," and "Epilepsy" take the lead as to numbers. There are also a large number reported as "Unknown." These causes are assigned by the friends of the patients, and are given as reported to the hospital in the commitment papers. They embrace, generally, such symptoms and facts as strike the attention most forcibly at the time, and may or may not convey the whole truth as to the real mental disturbance. Insanity is *often*, and perhaps it may be said *generally*, the result of a combination of causes difficult to analyze distinctly. The term "Ill-health," by its broad application, approximates more nearly the truth, probably, than any other single expression. Whatever has reduced the vitality, whether hard work, sickness, poor and insufficient food, bad air, unhealthy location or employment, hereditary weakness, bad habits, nostalgia, exposure to extremes of heat and cold, severe and prolonged mental effort, or any other depressing cause, becomes an agent of disease and contributes to the final overthrow of the mental balance.

Intemperance is given as a frequent cause. This habit often exists with insanity, and may be either a *cause* or *result*, as some persons never drink to excess until otherwise excited, and they have periods of sanity and regular habits, while others drink constantly, until demented by its poisonous influence.

Subjects of epilepsy, unless cut off by death at an early stage of the disease, as a rule become insane. It is true that attacks at long intervals, and in persons not fully mature, do not always appear to injure the mental faculties; but if the attacks continue, after complete development, the tendency is to increase in frequency, and the degeneration of brain power is well marked and rapid. Excitements precede or follow

the fits, and no class of the insane is more dangerous in the family or the community. While they are excited their actions are frequently of the wildest character, and sudden in the extreme. They rush about in blind fury, striking, it may be, right and left at anything so unlucky as to obstruct their way. During this period they are unconscious; but when the excitement is exhausted, and they have slept, usually a few hours, they become quiet and rational, remembering generally nothing that happened while the frenzy was upon them. Many persons convicted of crime, committed, no doubt, while suffering from epileptic mania, have been punished, as the clearest evidence of sanity, both before and after the act, may not have been wanting. The plea of "transitory mania," supposed by many to be a shrewd expedient of lawyers to release accused criminals, is fully and frequently justified by the actions of epileptics; but well authenticated cases of this form of mania, not connected with epilepsy, are extremely rare if not entirely wanting. Careful investigation will reveal the truth, and time and opportunity should always be granted for this purpose, in doubtful cases, before final sentence and execution of law. Not many years ago a prominent and successful business man told me of an injury he received in the head, while a young man, by the explosion of a gun. For months after the healing of the wound he was conscious of some difficulty, but the fact of epileptic attacks was not discovered until a friend slept with him and found him in a fit. He had previously roomed alone and always had the attacks in the night, a not unusual occurrence in this disease. When informed of his condition he sought surgical aid, and was cured by the removal of a piece of bone from the place of injury which revealed the source of irritation. Had he accidentally committed some violence, while suffering his nightly attacks and pursuing his daily business, his conviction and punishment would undoubtedly have followed.

Nostalgia is occasionally mentioned as a cause, but not so frequently as the facts, if thoroughly investigated, would probably warrant. It may be obscured by other and more

conspicuous symptoms, and therefore overlooked, but the social relations hold a controlling influence on the feelings and habits of life, and the rupture of these ties, by removal to a strange land, is a severe strain on the mental powers, and especially as many of those called to endure these changes and trials have few resources for resistance within themselves, and not much of that strength that comes from a thorough cultivation of the intellectual and moral faculties of the mind.

As insanity is peculiar to civilized society, the question arises whether this disease exists as a *penalty* inseparable from cultivation and refinement, or, *something* is not wanting in the process of that development essential as a *preventative*, and as necessary to be understood as the diagnosis and cure of the disease. The latter view the weight of evidence seems to favor. Undoubtedly some causes are beyond individual control; such as hereditary infirmity, unfortunate associations in youth, domestic grief, sudden reverses of fortune, and other mental shocks from untoward events, and physical accidents; but there are also a large number of causes that may be classed as the *avoidable*, among which may be mentioned, insufficient sleep, prolonged mental efforts, irregular habits of eating and exercise, intemperance, intense application to business and that of a speculative character, pernicious reading, and a cultivation of a morbid curiosity as to unrevealed mysteries, and improper and imperfect education. All these are matters of practical observation, and are recognized as evils destructive alike to healthy thought and mental soundness.

In an article on the "Relation of Education to Insanity" by Dr. Edward Jarvis, it is remarked, that "education causes directly but little insanity; but it lays the foundation of a large portion of the causes of mental disorder. It unlooses the brain from its bondage of torpor, and encourages mental activity in the numberless paths of life. It opens the fields of enterprise; it adds intelligence and reason to the power of the muscles, and makes them more available for every purpose. It stimulates energy and bold adventure.

It offers temptations for the assumptions of mental burdens in business. It holds out rewards to ambition, for the strife for knowledge, wealth, honor, and political success. These and other motives act in various degrees on civilized communities, and few people completely escape their influence; and among nearly all there is more mental activity, more cerebral labor, in thought, anxiety, and more exhilaration from hope and success, and more depression from anxiety and disappointment, than is found among people that are untaught. All these have their dangers, and among those thus engaged some lose their mental balance, and some become insane."

And again, the same eminent author remarks, "among the abundant, various and profitable teaching of the schools and the world, of books and of society, the inseparable connection of mind and body, of thought, mental action, study and reasoning, with the brain, holds an insufficient prominence. Ordinarily this has no place in the plans of education. The law of life is not taught. Among the countless improvements that have been made there yet remains the frequent error, both of faith and practice, that the human mind has no limit to its expansibility, none to its capacity for labor, that the infinite spirit is not bound by any finite organ, that the work of the brain may begin with the earliest dawn of sense, and be increased as fast as the will of the child, the ambition of friends and teachers may desire, and that in all the fields of study, observation and thought, whether with books in early and mature life, or in the world's affairs, business, politics, there is no danger of overtasking the cerebral powers, or of exhausting their energies, or of disturbing the mental balance." And he thus draws the conclusion that insanity is the result of "*imperfect* civilization and of *incomplete* education." And that "however well one may be prepared for the recognized responsibilities of life; however learned in geography, mathematics, science, philosophy; however well he may be fitted for business, there is the first responsibility that comes upon all men, the care of themselves. Before he can apply his other knowledge to any of its destined pur-

poses, he must eat, and nourish himself; he must decarbonize his blood with air; he must use his muscles and his brain, and recruit their expended forces with rest and sleep. He may do these well, and make himself strong, healthy, clear-headed, mentally sound; or he may do them indiscreetly, and make himself sick, weak, stupid, insane."

IMPROVEMENTS.

The U. S. Wind Engine Company, of Batavia, Ill., has lately furnished us with one of Halladay's patent wind mills as further described in the report of Building Committee. The success of this mill will reduce the expenses of water supply considerably in the saving of fuel and the wear of steam boiler and pump.

A vegetable cellar has been constructed 30x60 feet and 10 feet deep, located in the side hill and frost proof. It is covered with a frame shed for straw used for bedding and other necessary purposes.

A Bailey oven has been put in the bakery. It has the reputation in the east as the most economical and sufficient oven in use, and so far it has given us complete satisfaction. We are now able to supply all our inmates with home-made bread of excellent and uniform quality.

Another Root boiler has been added to our steam heating apparatus, and we feel prepared for the coldest weather.

FARM.

Mr. William McFadden continues in charge of the farm and stock, and the yearly increasing supplies furnished the house, as seen by the Steward's report, bear indisputable evidence of his energy, judgment and careful husbandry.

The area of cultivation has been extended, and considerable fence building, grading and road making about the grounds have been done in the intervals of regular farm work. Many of the male patients have assisted essentially in all these labors, and much credit is due them for their interest in the work. It has also resulted in their own bene-

fit, some of them improving and recovering rapidly while thus employed.

While the men have been thus engaged, the women have not been idle, as the following list of articles made in the sewing rooms by them and the two seamstresses will show.

Aprons.....	52
Bed spreads.....	76
Bureau covers.....	16
Chemises.....	260
Curtains.....	54
Cupboard shelf covers.....	131
Camisoles.....	20
Clothes bags.....	12
Child's dresses.....	4
Dresses.....	262
Drawers, pairs.....	167
Handkerchiefs.....	106
Holders.....	37
Napkins.....	24
Night-gowns.....	19
Night-caps.....	2
Mattress-ticks.....	62
Pillow-ticks.....	44
Pillow-cases.....	189
Sheets.....	393
Straw ticks.....	157
Skirts.....	75
Shirts.....	195
Shrouds.....	12
Towels.....	487
Table clothes.....	11
Underwaists.....	12
Wrappers.....	184
Hats trimmed.....	12
Shaker bonnets.....	6
Stockings knlt, pairs.....	27

Total.....3,055

The above list gives only a fraction, of course, of the needle work performed during the year, as no account of the daily repairing is made.

Chapel services have been held every Sabbath, with some exceptions, by the several clergymen of St. Peter and their choirs, for which we again tender grateful thanks. These meetings are well attended and of much interest to the inmates. With the completion of the chapel room, we expect to make these services still more useful.

We are again under great obligations to the publishers of the following papers gratuitously sent to the hospital. We

hope to see the list increase until every county is represented by its local publication, as the patients prefer to read the news from their own sections of the State :

St. Paul Daily Pioneer.

St. Paul Daily Press.

Minneapolis Tri-Weekly Tribune.

Northwestern Chronicle.

Le Sueur Courier.

Redwood Falls Mail.

Mantorville Express.

Winona Adler.

St. Peter Tribune.

Minnesota Volksblatt.

Minnesota Staats Zeitung.

Nordisk Folk Blad.

Svenska Monitorem.

Renville Gazette.

St. Cloud Times.

Donations as follows, from individuals are gratefully acknowledged :

Books, papers and pamphlets from Col. E. L. Moore, Rev. A. H. Kerr, Mrs. Henry A. Swift and Mrs. Henry Jones, of St. Peter, from Miss Grace White, of St. Paul, and pictures and pictorials from Mrs. Jacob Stone, Jr., of Minneapolis.

Two concerts by the String Band of St. Peter, and an entertainment, "Mrs. Jarley's Wax Works," by several young people of the city.

The number of patients will probably increase the coming year at the same rate as during the past, and if so, provision must be made to support an average of three hundred and twenty-five throughout the year. As the number increases, the expense for each diminishes the cost for some items, remaining about the same without regard to numbers; such as heating, lighting, and officers' salaries. Without anticipating any extraordinary expenses, and with the usual

economy of expenditure, the estimated amount for current expenses will be \$76,050.

No change has occurred among the officers and it gives me pleasure to record their continued zeal in the interests of the hospital and its daily affairs. To their faithfulness and that of the attendants, who perform their duties often under the most discouraging and trying circumstances, the excellent sanitary condition of the whole house is due.

Again I thank you as a Board for your earnest labors in behalf of this charitable institution, and for your constant aid and support in the complicated and constantly increasing duties required in its general oversight.

With a firm faith in the goodness of that Being "who doeth all things well," we enter on the labors of a new year.

C. K. BARTLETT,

Superintendent.

Dec. 1st, 1873.

APPENDIX.

TABLE I.

MOVEMENT OF THE POPULATION.

	Men.	Women.	Total.
Number at the beginning of the year.....	129	118	247
Admitted during the year.....	78	62	140
Total present in the year.....	207	180	387
Discharged, recovered.....	17	20	37
Discharged, improved.....	12	7	19
Discharged, stationary.....	0	2	2
Died.....	19	7	26
Remaining at end of year.....	159	144	303

TABLE II.

ADMISSION AND DISCHARGES FROM THE BEGINNING OF THE
HOSPITAL.

	Men.	Women.	Total.
Admitted since opening.....	441	373	814
Discharged, recovered.....	132	110	242
Discharged, improved.....	65	60	125
Discharged, unimproved.....	11	11	22
Not proper subjects.....	2	2	4
Died.....	72	46	118
Remaining at end of year.....	159	144	303

TABLE III.

CIVIL CONDITION OF THOSE ADMITTED.

	DURING THE YEAR.			SINCE OPENING HOSPITAL.		
	Men.	Women.	Total.	Men.	Women.	Total.
Single	52	18	70	281	113	394
Married	18	36	54	132	220	352
Widowed	7	7	14	17	37	54
Divorced	0	1	1	4	3	7
Unknown	1	0	1	7	0	7
Total	78	62	140	441	373	814

TABLE IV.

HOW COMMITTED.

	DURING THE YEAR.			SINCE OPENING HOSPITAL.		
	Men.	Women.	Total.	Men.	Women.	Total.
Private Bond	2	2	4	16	22	38
By Court	76	60	136	423	351	774
Legislature	0	0	0	2	0	2
Total	78	62	140	441	373	814

TABLE V.

NUMBER AT EACH AGE WHEN ADMITTED DURING THE YEAR.

	AGE WHEN ADMITTED.			AGE WHEN ATTACKED.		
	Men.	Women.	Total.	Men.	Women.	Total.
Under 15.....	4	1	5	7	4	11
15 to 20.....	5	6	11	7	4	11
20 to 25.....	10	6	16	11	9	20
25 to 30.....	14	10	24	11	11	22
30 to 35.....	16	14	30	11	15	26
35 to 40.....	6	5	11	9	8	17
40 to 45.....	6	6	12	5	6	11
45 to 50.....	7	4	11	8	1	9
50 to 60.....	5	5	10	3	3	6
60 to 70.....	1	5	6	..	1	1
70 to 80.....	3	..	3	3	..	3
Unknown.....	1	..	1	3	..	3
Total.....	78	62	140	78	62	140

TABLE VI.

OCCUPATION OF PATIENTS ADMITTED.

	DURING THE YEAR.	SINCE OPENING HOSPITAL.
Farmers	22	168
Laborers	24	130
Housekeepers	37	246
Domestics	12	63
Painters	1	5
Tailors	3
Carpenters	3	14
Seamstresses	3	7
Teachers	7
Clockmakers	2
Lumbermen	2
Butchers	1
Printers	3	5
Bakers	2	3
Cabinetmakers	1
School children	3	6
Trader	1
Bookkeeper	1
Students	1	5
Mechanics	2	10
Brickmakers	1
Blacksmiths	1	5
Bank clerks	2
Shoemakers	1	9
Merchants	2	10
Masons	3
Harness makers	1	2
Gardeners	2
Cook	1
Weaver	1
Real estate agent	1
Confectioner	1
Prof. of music	1
Farmer's daughters	5	6
Teamsters	1	4
Boiler makers	1	1
Miller	1	1
Cigar maker	1	1
No occupation	13	87
Total	140	814

TABLE VII.

NATIVITY OF PATIENTS ADMITTED.

	DURING THE YEAR.			SINCE OPENING HOSPITAL.		
	Men.	Women.	Total.	Men.	Women.	Total.
New York State ..	4	5	9	42	42	84
Maine.....	6	3	9	18	11	29
Connecticut	0	0	0	4	1	5
Massachusetts.....	1	1	2	8	5	13
Pennsylvania.....	2	0	2	15	10	25
New Hampshire ..	0	1	1	2	2	4
Rhode Island.....	1	0	1	1	1	2
Virginia.....	0	0	0	4	5	9
New Jersey.....	0	0	0	2	3	5
Vermont.....	0	1	1	6	10	16
Illinois.....	0	1	1	5	11	16
Ohio.....	3	2	5	10	11	21
Iowa.....	1	1	2	1	2	3
Wisconsin.....	6	1	7	14	7	21
Indiana.....	1	0	1	6	9	15
North Carolina...	0	0	0	3	0	3
Kentucky.....	0	0	0	2	2	4
Minnesota.....	1	0	1	5	6	11
Maryland.....	1	0	1	1	0	1
Missouri.....	0	1	1	0	1	1
Ireland.....	10	9	19	52	57	110
Germany.....	13	11	24	62	50	112
France.....	0	0	0	0	1	1
Bohemia.....	0	1	1	4	4	8
Prussia.....	2	1	3	11	20	31
England.....	1	2	3	12	9	21
Canada.....	3	3	6	25	9	34
Norway.....	9	11	20	50	46	96
Sweden.....	12	3	15	38	18	56
Denmark.....	0	1	1	8	1	9
Switzerland.....	0	1	1	4	5	9
Scotland.....	0	0	0	4	1	5
Wales.....	0	0	0	1	1	2
Unknown.....	1	0	1	19	9	28
Total.....	78	62	140	441	373	814

TABLE VIII.

FORM OF DISEASE OF THOSE ADMITTED.

	DURING THE YEAR.			SINCE OPENING HOSPITAL.		
	Men.	Women.	Total.	Men.	Women.	Total.
Acute Mania.....	29	22	51	149	104	253
Chronic Mania....	16	17	33	84	82	166
Monomania.....	0	1	1	6	4	10
Puerpural Mania..	0	1	1	0	16	16
Paralytic Mania...	1	0	1	7	3	10
Epileptic Mania...	3	6	9	22	18	40
Periodical Mania..	3	2	5	30	5	35
Nymphomania....	0	1	1	0	5	5
Melancholia.....	16	9	25	73	73	146
Dementia.....	5	0	5	58	46	104
Senile Dementia..	2	2	4	5	10	15
Idiocy.....	3	1	4	5	5	10
Not subjects.....	0	0	0	2	2	4
Total.....	78	62	140	441	373	814

TABLE IX.

NUMBER OF ATTACK IN THOSE ADMITTED.

	DURING THE YEAR.			SINCE OPENING HOSPITAL.		
	Men.	Women.	Total.	Men.	Women.	Total.
First.....	60	54	114	266	260	526
Second.....	9	5	14	51	40	91
Third.....	1	..	1	13	5	18
Fourth.....	2	..	2	4	3	7
Fifth.....	..	1	1	1	1	2
Sixth.....	1	1	2
Not subjects.....	2	2	4
Unknown.....	6	2	8	103	61	164
Total.....	78	62	140	441	373	814

TABLE X.

DURATION OF INSANITY BEFORE ADMISSION.

	DURING THE YEAR.			SINCE OPENING HOSPITAL.		
	Men.	Women.	Total.	Men.	Women.	Total.
Under 1 month....	12	10	22	86	59	143
1 to 3 months.....	13	13	26	48	54	102
3 to 6 months.....	7	6	13	46	38	84
6 to 9 months.....	5	3	8	25	14	39
9 to 12 months....	2	1	3	11	10	21
12 to 18 months...	8	3	11	24	14	38
18 m'ths to 2 years	1	..	1	12	6	18
2 to 8 years.....	7	6	13	25	24	49
8 to 4 years.....	6	2	8	21	16	37
4 to 5 years.....	1	1	2	8	13	21
5 to 10 years.....	4	8	12	23	32	55
10 to 15 years.....	2	2	4	17	27	44
15 to 20 years.....	..	2	2	4	7	11
20 to 25 years.....	1	1	2	4	9	13
25 to 30 years.....	2	..	2
30 and 'over.....	2	4	6
Not subjects	2	2	4
Unknown... ..	9	4	13	81	46	127
Total	78	62	140	441	373	814

TABLE XI.

DEATHS AND THEIR CAUSES.

	DURING THE YEAR.			SINCE OPENING HOSPITAL.		
	Men.	Women.	Total.	Men.	Women.	Total.
Marasmus.....	4	3	7	13	11	24
Phthisis Pulmona's	2	2	4	8	4	12
Maniacal Exhaust'n	3	1	4	9	5	14
Paralysis.....	2	5	7
Epilepsy.....	5	1	6	12	5	17
Apop. ery.....	1	..	1	3	1	4
Erysipelas.....	2	..	2	3	1	4
Typhoid Fever....	2	3	5
Typhomania.....	1	..	1	4	1	5
Typh'd Pneumonia	1	1
Pneumonia.....	1	..	1	2	..	2
Diarrhoea.....	1	..	1
Old Age.....	1	5	6
Gangrene.....	1	1
Abscess of Brain..	1	1
Assault by Patient.	1	..	1
Death by Drown'g	1	1
Cancer of Stomach	1	..	1
Varicella.....	4	..	4
Anasarca.....	2	..	2
Bright's Disease..	1	1
General Paresis...	4	..	4
Total.....	19	7	26	72	46	119

TABLE XII.

AGES AT DEATH.

	DURING THE YEAR.			SINCE OPENING HOSPITAL.		
	Men.	Women.	Total.	Men.	Women.	Total.
Under 15 years....	1	..	1	2	..	2
15 to 20.....	1	1	2	4	4	8
20 to 25.....	9	6	15
25 to 30.....	3	2	5	11	6	17
30 to 35.....	2	..	2	7	2	9
35 to 40.....	1	1	2	5	6	11
40 to 45.....	3	1	4	8	4	12
45 to 50.....	3	1	4	6	2	8
50 to 60.....	2	..	2	10	8	18
60 to 70.....	1	1	2	6	4	10
70 to 80.....	2	..	2	2	3	5
80 to 90.....	2	1	3
Total	19	7	26	72	46	118

AUTOPSIES MADE IN 1873.

No. 591.—Man, aged 45, American, of temperate habits, but addicted to masturbation, single and a laborer by occupation. First attack of insanity about 20 years ago, said by the physician who accompanied him to the Hospital to have been caused by his evil habit. Recovered from his first attack in a short time, but has had frequent similar attacks since. The slightest disturbance of his health always produced depression. Present attack commenced about six months ago. Monomania on the subject of death. Is in constant terror, sleep and appetite irregular, says there is no use of his eating, he is going to die any way. Made no improvement in spite of treatment, but continues in the same terror and despair. Goes about rubbing his hands, groaning and howling. "I die, I die, I die so." "O, I can't live." "My strength is all running away from me." "Dying, dying, O, horrible death!" Is very much reduced physically, and suffers from inguinal hernia. Died after 11 months in Hospital from exhaustion.

AUTOPSY.—Head and thorax not examined. Abdominal viscera healthy, except that transverse colon formed a descending loop extending below brim of pelvis. Bladder normal except an enlargement of prostate and a congested and hyperæmic condition of the surrounding areolar tissue.

Examined the inguinal region, found that the hernia had been spontaneously cured by a recent band of inflammatory adhesion across the aperture, preventing the extension of the intestine.

CASE 733.—Man, 54, widower with two children, American. Lately very irregular and intemperate in habits, and has been engaged as laborer on railroad. This is the first